



CHOLESTEROL COUNTS



Do you have any of the major risk factors for heart disease or stroke?

- ☐ problem in lipid profile (\uparrow cholesterol, LDL or TRG; \downarrow HDL)
- ☐ high blood pressure (hypertension) is 140/90 or higher
(pre-hypertension begins at 120/80)
- ☐ diabetes (fasting glucose over 125; non-fasting 200 or above)
(pre-diabetes: fasting of 100-125; non-fasting of 140-199)
- ☐ smoking
- ☐ excess weight (overweight is BMI 25-29; obese is BMI 30 or above)
- ☐ lack of regular exercise
- ☐ family history of diabetes
- ☐ family history of early heart disease or stroke
(woman under age 65; man under age 55)



*Reducing your cholesterol to under 200 mg/dl and controlling other risk factors can lower your risk for heart disease and stroke. **To lower your blood cholesterol:***

- Eat more vegetables, fruits, whole grains and dried beans
- Eat more foods low in fat; especially limit saturated & "trans" fats
Limit daily fat calories to 30% of total calories
Limit saturated fat grams to 1/3 of total daily fat grams
- Eat less than 300 mg. of cholesterol daily (or less if your doctor advises)
- Work up to 30-90 minutes of exercise on most days, or as your doctor advises (need not all be done at once)
- Avoid tobacco products

(See back for substitution list)



TO LOWER YOUR BLOOD CHOLESTEROL

CHOOSE THESE

- ♥ fish, water-packed tuna, skinless breast of poultry, lean ground turkey (drained), turkey lunch meats, turkey sausage, turkey bacon, low-fat hot dogs (0-1 gram fat each), dried beans, vegetarian "meats"; lean red meats: not over 3 times/week (leanest types are beef round and sirloin, and pork tenderloin)
- ♥ egg whites or egg substitutes (may usually have two to three whole eggs/week, poached or boiled)
- ♥ baked, stewed, steamed, microwaved, broiled, grilled or stir-fried foods (using non-stick cooking spray)
- ♥ **"good" fats:** mono- & polyunsaturated fats: liquid canola, olive, soybean, corn, safflower, sesame, peanut or cottonseed oils & most nuts; omega-3 oils (in fatty fish)
- ♥ fat-free or oil-based gravies or sauces using "good" oils (above)
- ♥ salad dressings with "good" oils, whipped salad dressing (fat free, light or regular), mayonnaise (fat free or light)
- ♥ margarines (trans fat free is best): light or fat free tub, fat free squeezable or spray; butter substitutes
- ♥ low-fat cheeses (0-3 grams fat/oz.)
- ♥ fat-free (best) or light sour cream, cream cheese or dips
- ♥ skim (best) or 1% milk
- ♥ ice milk, sherbet, frozen yogurt or sorbet (0-3 grams fat per 1/2 cup)
- ♥ fat-free or very low-fat desserts and snacks (0-3 grams fat per serving); higher fat content may be OK if fats are "good" types

REDUCE OR AVOID THESE

- Ø fatty red meats; organ meats; regular bacon, sausage, hot dogs and lunch meats
- Ø eggs (in excess)
- Ø fried foods
- Ø **"bad" fats:** coconut or palm kernel oil, animal fats, butterfat, solid fats (hydrogenated, called "trans" fats)
- Ø regular gravies or sauces
- Ø salad dressings with cream, sour cream, cheese, bacon, etc.
- Ø butter, stick margarine, shortening
- Ø high-fat cheeses
- Ø regular sour cream, cream cheese or dips
- Ø whole or 2% milk
- Ø regular ice cream
- Ø rich desserts and snacks

Some of the above foods may be high in sodium. Further information is needed for a low sodium diet.